



December 2022

Bay County Department on Aging

WONDERFUL TIMES ...for all of us!

Offices, Home Delivered Meals, and Activity Centers will be closed for the Christmas Holiday on Friday, December 23rd and Monday, December 26th.



We will also be closed on Friday, December 30th and Monday, January 2nd to ring in the New year!

As you know the Public Health Emergency was extended until **January 11, 2023**. There appears to be talk in Washington about it ending on that date.

If the Public Health Emergency is not extended again, and ends on **January 11, 2023** there will be some changes that will happen at the Activity Centers.

Please stay tuned for more information, because when we know more, you'll know more.



IN THIS ISSUE

Department Corner	2
Events and more	3
Miscellaneous	4
Canteen	5
Kawkawlin.....	6
Williams	7
Riverside.....	8
Hampton	9
Menus	11/12

Department on Aging received a grant from the Bay Area Community Foundation Donor Advisor Fund. This grant was given to Department on Aging so that we could buy an ice machine, salad/sandwich preparation refrigerator in the kitchen. This is not equipment that usually in a commercial kitchen set up but is a great help to us with prepping for salads and sandwiches and keeping things cold. We also received extra funds to purchase new coolers for our vehicles also.

This was a wonderful surprise and Department on Aging would like to thank the Bay Area Community Foundation Donor Advisor Fund, and the person who gave the funds, for assisting us with continuing to provide services to our 60 year and better Bay County Residents!

Thank You

WELCOME— Department Corner

As the year comes to an end and we prepare for 2023, I would like to take this time to thank the Department on Aging staff for all the work you do and the support you give to our Department and the clients we serve.

Bay County Department on Aging has 72 employees, 73 with me included, that encompass the following programs: Home Delivered Meals, Personal Care, Homemaking Services, Activity Centers, Case Managers, Handyman Services and our Front Office, coming soon Respite Care.

I also want to thank our clients and participants for the continue support for our Department, Services, and Staff and for continuing to be patient, understanding, and flexible as we navigate our new normal.

I would also like to thank the residents of Bay County for the support of our Millage, so that we may continue to bring innovative programming to the 60 years and better Bay County residents, while we continue to provide our everyday services to our community.

While the past almost 3 years have been stressful for all of us, the end of the year is also the time to count your blessings and keep moving forward with us here at Department on Aging.

Happy Holidays Everyone!

Beth Eurich, Department on Aging Director



Look at that! Time to start packing 2022 away and deciding what to keep and what to get rid of including paperwork. How many of you have piles of paperwork? Raise your hands, don't be shy because we all do. I personally seem to have three piles: Keep it, Trash it, and I don't know what to do with this. So, of course I went to the web to ask for help.

The answers were murky at best, but this is what I have learned.

- Keep tax returns for 7 years. The IRS can audit up to 3 years back for most standard cases. However, the IRS has six years to challenge your return if it thinks you underreported your gross income by 25 percent or more. They recommend keeping paperwork related to assets, like receipts related to home remodeling projects for as long as you are the owner. Also keep your W-2's and SSA1099's.
- Keep bank, credit card, and investment statements for 1 year. If they are related to taxes, keep them longer with your tax statements.
- Medical bills may be kept up to a year if used for tax purposes. If they are not, they may be discarded after being compared to insurance payments and have cleared with your bank.
- Receipts may be discarded unless they are needed for tax returns, for a product under warranty, or needed for insurance claims.
- Utility bills should be kept up to three months. Utility bills are needed to apply for some assistance programs including help paying shut off notices.

Jessica Somerlott, Senior Services Manager

Winter Blues

Winter blues got ya down?



Brush off that seasonal funk known as the “winter blues”. It’s a type of depression called Seasonal Affective Disorder (SAD). Symptoms usually begin in the fall but get more severe as the winter months progress.

Signs and symptoms may include:

- Frequently feeling depressed or down most of the day
 - Losing interest in activities you once enjoyed
 - Social withdrawal (feeling like “hibernating”)
- Difficulty concentrating or feeling hopeless/worthless
 - Changes in appetite, weight or sleep
 - Low energy/sluggish
- Anxiety, restlessness, agitation and/or increased irritability

Suggestions to combat this condition are:

- Take a 20-minute walk in the afternoon when the sun is at its brightest.
 - Sit near a window to get as much sunshine as possible.
 - Maintain relationships with friends and family.
- Exercising regularly and avoiding sugary, carbohydrate-rich foods.
 - Take Vitamin D supplements or drink Chamomile to reduce anxiety.
 - Take up a new hobby so you have something fun to look forward to.
- Volunteer. Helping others is a well-documented mood improver.
 - Talk to a professional.

Patty Gomez,
Programming Services Manager

With the winter months right around the corner I want to remind everyone about the importance of having a safe and clear path for our drivers, in home service workers and **YOUR SELF** when Mother Nature decides to grace us with her presence.

As stated last month, our Home Delivered Meal drivers and In Home Service workers make several stops daily, and with very little time on our side. To ensure the **SAFE** delivery of our services, please make sure that you have driveways, walkways, ramps, steps and porches clear of any ice and snow.

If a driver deems the conditions not safe, they will not deliver a meal for that day and this is not something we want to see happen.

With that being said, please keep an eye out as we are in the process of delivering the 5 day Shelf Staple meal boxes. These boxes are intended for you in the event we are unable to deliver a meal to you due to poor weather.

Thank you for your continued understanding and support for our drivers and **STAY SAFE**.

Zach Brunett,
Nutrition Services Manager



Miscellaneous

Virtual: Bay County Alzheimer's/Dementia Caregiver Support Group Meeting

When: Tuesday, December 13th, 2022 6:00pm-8:00 pm

Where: On your computer or your phone

-please log on 10 minutes early in case you have to upload or update the Zoom program on your device-
(you will receive an email invitation to the meeting if you provided an email address)

Facilitator: Stacy McIntyre, MSW, LMSW

Information: 892-6644

OR go to Zoom and enter the following information:

Meeting ID: 937 4213 3053

Passcode: 547563

OR Dial-In: 1-888-788-0099 US Toll-free. Save this link for all future meetings until we meet in person again.

Senior Lunch and Learn

Understanding and Relieving Sciatica Pain

Presented by: Shaun Sullivan, PT, AT, ATC

Friday, December 9th at 11:30am

Dow Bay Area Family YMCA Family Center



Those aged 60+ are welcome to join us for a \$5 lunch and educational health seminar to help you stay active, healthy and feeling your best. Please RSVP to the YMCA at 989-895-8596

Bay Concert Band's Christmas Concert

Sunday, December 11th at 3pm

Central High School Auditorium

Tickets are \$8.00 per person.

Ages 12 and under free.

Doors open at 2:30pm.



Join the Bay City Noon Optimist Club on Monday, January 9, 2023 at 7pm and view "England—Past and Present" at The State Theatre. Tickets are \$10

Synopsis

Marlin Darrah leads us on a tour across southern England from the White Cliffs of Dover to Canterbury, Brighton, Portsmouth and through the villages, pubs and churches of the Cotswolds to the fascinating Stonehenge. Then, onto the great city of London with all its variety, culture and history, Oxford, Cambridge and the Lake District in this beautiful program about a country that always has a special place in the heart of Americans.

Golden Horizons
Adult Day Center
1001 Marsac St.
Bay City, MI 48708
(corner of Broadway & Fremont)

Now Accepting New Enrollments

This social program for older adults with memory loss allows for the person to participate in activities during the day and return to the comfort of their home at night. If you are having difficulty finding meaningful, stimulating activities for a family member, your family member is becoming socially isolated, or they require supervision while you are gone, Golden Horizons may be just what you need. There is no charge for the first two visits to try out the program.

*Covid 19 precautions include daily health screenings, frequent hand washing, social distancing, daily sanitization of all supplies and environment. Staff and current participants are fully vaccinated. All visitors must be vaccinated or show proof of a current negative COVID test result. Hours: Monday thru Friday 10:00 a.m. to 4:00 p.m.

Breakfast, lunch, and snacks included in cost.

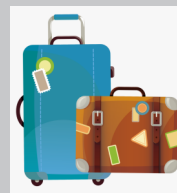
Cost: \$9.50 per hour.

Financial assistance may be available.

For more information or to schedule a visit call:
(989) 892-6644.

TEMPORARILY AWAY

The Wonderful Times newsletter is mailed under a non-profit bulk mail rate and is not forwarded by the Post Office. If you plan to be away or are moving, please call the main office at 989-895-4100.



Janie Good—Site Coordinator
989-892-6605

CANTEEN

Tue-Thur 9:30am-1:30pm
800 Livingston Avenue (Bay County Fairgrounds) | Bay City, MI 48708

Mon. Osteo (for registered participants)

Tue. Walking, Bingo 10am

Wed. Walking, Osteo (for registered participants)

Thur. Walking, Shuffleboard 10am

Blood Pressure Clinic!!

We will be at the
Canteen
on
Tuesday, December 13th-
from
11:30am to 12:30pm!



Join us on
Thursdays at 10:00am
Mexican Train Dominoes
Looking for players!!



Book Club!
Thursday, December 8th
10:00am—12:00pm
Club will be limited to 10 people.
Call Janie to reserve your spot.



***Book Club will meet the 2nd
Thursday of the month***

Shuffleboard

is here!!!
October-May
Every Thursday
10:00am-11:00am



Canteen Christmas Party!
Tuesday, December 13th at 10am
Entertainment by Linda Lee, Bingo, Prize Drawings
and a visit from
Santa and his helper!
Lunch will be at 12pm!

Jan Davenport - Site Coordinator
989-245-0102

KAWKAWLIN

1800 East Parish Road | Kawkawlin, MI 48631

Wed & Thur 9am-12:30pm

Daily Puzzles, Board Games and Cards

Blood Pressure Clinic!!
We will be in Kawkawlin
on
Wednesday, December 14th
from
11:00am to 12:00pm!



HOLY NIGHT	NORTH POLE	HUMBUG	SCROOGE	SNOWFLOTS	SNOWBALL
TRADITION	OCCASION	STOCKINGSTUFFER	FIREWOOD	FIREPLACE	MEAL
STNICK	PARTY	BLIZZARD	JACK FROST	ICICLE	COAL
WORKSHOP	SKATE	SLED	SHOPPING	MISTLETOE	BLITZEN
DONNER	PRANCER	DANCER	DASHER	NAUGHTY	NICE
HOLIDAYS	DECORATE	HOT CHOCOLATE	HOLLY	FROSTY THE SNOWMAN	LIGHTS
GINGERBREAD	MRS. CLAUS	MERRY	NUTCRACKER	GREEN	RED
WRAPPING PAPER	SNOW	SNOWFLAKE	CHIMNEY	SNOWMAN	ORTAMENTS
TOYS	NOEL	JINGLE BELLS	FAMILY	JOY	EGGNOG
STOCKING	PRESENTS	CHRISTMAS TREE	CANDYCANE	SLEIGH	COOKIES
MILK	REINDEER	ELF	SANTA	RUDOLPH	

CHRISTMAS WORD SEARCH

C O O K I E S T N I C K E N E Z T I L B V G E A
 E P G V E O T E L T S I M G L B X K L I M L G M
 K R K S H O P P I N G Y L L O H S U A L C S R M
 A A S Y G C H R I S T M A S T R E E R I E W S G
 L N N Y T H G U A N Y B O Q E C I N C L F T R I
 F C O E G G N O G T W A C Z A S S I F S K E S N
 W E W C K W N E R O F Y R A O L O A Q K E K N G
 O R M O A K L A N V A Y E S H E T G N N A U Y E
 N C A N K Y P S C Q M O F T O D H E H T D K S R
 S S N O W M S F A D I J F R T Y G G E G A X L B
 N O R T H P O L E A L R U O C E I O D O N N E R
 H O L I D A Y S B N Y G T F H N N O K H Y D I E
 L E N A C Y D N A C S V S W O M Y R Y A N E G A
 L A C R E I N D E E R N G O C I L C I O J C H D
 R I E S T N E S E R P I N N O H O S E A R O H S
 E E P M N O I S A C C O I S L C H L C R U R U Y
 K K Q O R T A M E N T S K P A C I K T E D A M O
 C J I N G L E B E L L S C Y T N F B D H O T B T
 A Z P O H S K R O W V W O T E R L L O S L E U Y
 R N A M W O N S E H T Y T S O R F K L A P C G R
 C P W F I R E W O O D M S S J M I S V D H I D R
 T S T H G I L P K C C D T D R A Z Z I L B L E E
 U P M G N I K C O T S N O I T I D A R T G Y R M
 N A E C A L P E R I F W R A P P I N G P A P E R



Rebekah Wieland- Site Coordinator
989-245-0290

WILLIAMS

1080 West Midland Road | Auburn, MI 48611

Mon-Thurs 9am-1pm

Mon. Walking Club 10am

Tue. Euchre 10am, Video Exercise \$.25 to participate 10am-11am

Wed. Walking Club 10am

Thur. Euchre 10am, Video Exercise \$.25 to participate 10am-11am

Blood Pressure Clinic

We will be here at Williams on
Thursday, December 15th
from
11:30am-12:30pm!



"Thank You"



Thank you
Witzgall Farms
for the donation of cider and
donuts to us in October!



Birthday Celebrations!

Join us on Thursday, December 8th at 11am
For a holiday themed treat.
Please RSVP to Rebekah by November 29th.

Join us on Tuesday, December 6th at 11:00am.
Magician John Russel will be here!



**Thursday, December 8th
at 10:30am we will be
painting Christmas
Gnomes. Cost is \$5.00.**



**Class size is limited, please
RSVP to Rebekah by
December 1st.**

Come join us for a
Christmas celebration.
The Jolly Hammers
will be performing on
Thursday, December 15th
at 11:00am.

We will be having a Christmas
raffle, tickets will be 3 for \$1.00.
Please RSVP to Rebekah
by
December 8th.

Amanda Goulet /Brittney Garske-
Site Coordinators
989-893-7070

RIVERSIDE

Mon-Fri 9am-2pm
800 J.F. Kennedy Drive | Bay City, MI 48706

Blood pressure clinic!!

We will be at Riverside
On
Monday, December 12th
11:30am until 12:30pm.



Mon. Hand and Foot 12:30pm
Smear 12:30pm

Tues. Knit/Crochet Group at 9:00–12pm (Craft Room)
Bid Euchre 9:45am-12pm
Cribbage 12:30-3:00pm

Wed. Euchre 9:45am—12:00pm
Double Pinochle 12:30pm

Thurs. Dominoes 12:30pm

Fri. Line Dancing w/Marilyn 10:00am—\$3 fee
Pinochle 12:30pm

ACRYLIC PAINTING CLASS WITH STEVE WOOD

Painting a Christmas Ornament

Monday, December 5th
2 Classes available
9:30-12:30, 1:00-3:00



On Monday, December 12

at 10am

We will be doing a
Santa Hat craft with
Krissie!

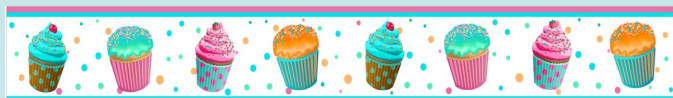
Cost is \$15 and
includes lunch.

Please RSVP by
December 9th.



Is it your birthday month?

Come in the **last Friday** of the month for
your birthday treat! (Dine in Only)



Join us for the
Riverside Christmas Party!
Thursday, December 15th
starting at 10am
for refreshments and a magic
show!

We will be having a
gift exchange.
Gifts must be new with a value of
\$15 or more.
Please RSVP by December 9th

We are also accepting donations
to raffle off. Items
must be new. Please
have them
delivered to Riverside
by December 12th.



Karen Bublitz—Site Coordinator
989-895-5968

* Low impact exercise proves to reduce pain and stiffness. This class includes gentle range motion exercise. It will help keep joints flexible and muscles stronger. Increase energy and improve your overall outlook.

Blood Pressure Clinic!
We will be at Hampton on
Friday, December 16th at
11:30am—12:30pm.



HAMPTON Mon-Fri 10am-2pm
801 West Center Rd. | Essexville, MI 48732

Mon. Low-Impact Exercise* Class with Carol 11am

Tue. Indoor Walking and Coffee Hour 10am

Wed. Euchre and Wii Bowling 10am

Thur. Bingo \$.25 to play and \$.25 per card 10:30am

Fri. Indoor walking and Coffee Hour 10:00am

Jolly Hammers & Strings Christmas Concert Tuesday, December 6th at 10:00am



Christmas Stocking Exchange!

Bring a stocking filled with goodies
and take one home with you!

\$5-\$10 limit.

Monday, December 19th
at 12:30pm







December Birthday Celebrations!!!

Join us on
Thursday, December 29th
at 12:30pm
For Dessert after lunch!

December 2022

HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(5) SALMON (7) Cheese Mashed Potatoes (16) Mixed Vegetables (11) Mandarin Oranges & Pineapple Chunks (20)	(6) CHICKEN BREAST W/ TARRAGON GRAVY (4) Steamed Brown Rice (17) Colorful Peas and Carrots (9) Snickerdoodle (28)	(7) ITALIAN STEAK SANDWICH (4) Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice Cup (17)	(8) MARINATED CHICKEN BREAST (1) Baked Potato (18) Broccoli w/ Cheese Sauce (6) Banana Pudding (25)	(9) TACO SALAD (26) Strawberry Kiwi Slushie (22)
(12) GOURMET CHICKEN TETRAZINNI (27) Kyoto Blend Vegetables (9) Apricots (15)	(13) SAVORY BEEF STEW (9) Garlic and Cheese Biscuits (10) Brussel Sprouts w/ Parmesan (7) Clementine (9)	(14) PATTY MELT (6) Whole Wheat Bun (25) Baked Potato (18) Colorful Peas and Carrots (9) Apple (21)	(15) HAM (1) Scalloped Potatoes (19) Green Beans Almondine (6) Cheesecake (51) 	(16) CHICKEN & PASTA ALFREDO (21) Diced Carrots (7) Fresh Pear (23)
(19) GOLD COAST PORK CHOPS (8) Ranch Mashed Potatoes (17) Garden Green Peas (11) Choc Chip Cookie (27)	(20) COD FISH FILET (16) Whole Wheat Hamburger Bun (25) Redskin Potatoes (23) Mixed Vegetables (11) Lemon Pudding (33)	(21) COUNTRY FRIED STEAK AND GRAVY (21) Corn (21) Garlic and cheese Biscuits (10) Apple (21) Caramel Dip (18)	(22) CRISP CHICKEN FINGERS (17) Down Home Fries (15) California Blend Vegetables (4) Chocolate Pudding (27)	(23) 
(26) 	(27) SMOTHERED CHICKEN (7) Diced Redskin Potatoes (13) Kyoto Blend Vegetables (9) Peaches (14)	(28) HAWAIIAN MEATBALLS (33) Fried Rice (19) Sliced Carrots (7) Pineapple Upside Down Cake (44)	(29) VEGETABLE LASAGNA (27) Scandinavian Blend Vegetables (7) Vanilla Pudding (32)	(30) 



REMINDER for Home Delivered Meals clients:

- *You must be home when meals are delivered.
- *When absence is unavoidable, please call the main office at 989-895-4100 to cancel meal delivery for that day.
- *Suggested Donation for HDM: \$2.75 per meal ***Please be advised, Menu items may contain Nuts!**
- *Menu is subject to change without notice.

Salads

Available at the Activity Centers only

December 2022

Salad Choice for the week:

Week of 12/5—12/9

TACO SALAD

Seasoned Beef

Corn

Black Beans

Crushed Taco Chips

Salsa/Ranch Dressing

Week of 12/12—12/16

GRILLED CHICKEN SALAD

Crispy Chicken

Marzetti Buttermilk Dressing

Multi-Grain Dinner Roll

Week of 12/19—12/23

There will not be a salad choice this week.

Week of 12/26—12/30

There will not be a salad choice this week.

Menus are subject to change without notice

ALL LUNCHES
SERVED AT 12 NOON.

Suggested Donation at
Activity Centers: \$2.50 per
meal

Reservations by noon one
day in advance by calling
the Activity Center of your
choice.

For Monday reservations
please call no later than
1pm the Friday before.

Please be advised that
Menu items may contain
nuts!

All menus are certified by
Region 7's Registered
Dietitian.

DONATIONS ACCEPTED

As you know, there is no
annual subscription fee to
receive this Wonderful
Times Newsletter; however,
we would be happy to ac-
cept any donation
(whatever you can afford)
to help defray the
cost of postage.



As we enter the cold weather months, we remind readers that Department on Aging will sometimes close Activity Centers and Home Delivered Meals routes due to inclement weather and road conditions. The following TV stations are notified of our closing announcements:

WJRT-TV 12

WNEM-TV 5

WEYI-TV 25

The following radio station is also notified of our closing announcements:

AM radio WSGW 790

Please tune in to one of these stations and watch or listen for our announcements. Normally, the business office remains open.

December 2022

BAY COUNTY DEPARTMENT ON AGING
SECOND FLOOR, BAY COUNTY BUILDING
515 CENTER AVENUE, SUITE 202
BAY CITY, MI 48708-5123

PRESORT STD
US POSTAGE
PAID
BAY CITY, MI
PERMIT NO. 184

Return Service Requested

WONDERFUL TIMES

MISSION STATEMENT

Bay County Department on Aging is dedicated to providing continued opportunities for the 60+ population within our community by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

USPS 184
WONDERFUL TIMES is
Published at Department on Aging
515 Center Avenue, Suite 202
Bay City, MI 48708-5123
989-895-4100
Toll-Free 1-877-229-9960
Like us on Facebook
divonaging@baycounty.net
www.baycounty-mi.gov/Aging/
Donations Accepted

County of Bay
Jim Barcia
County Executive

Department on Aging – Publisher
Beth Eurich – Director/Editor
Brittany Hawes – Distribution
Jonelle Box – Layout
Liturgical Publications, Inc. - Printer



The Dashboard and Citizen's Guide have been designed to allow our citizens to view important information about Bay County quickly and easily. In accordance with the County Incentive Program, the Citizen's Guide, Performance Dashboard, Debt Service Report, and Projected Budget Report can be viewed on the County website at www.baycounty-mi.gov.